



9401 Frederick Road
Ellicott City, MD 21042
410-313-1425



March 2018

Hours:
Monday – Thursday 10am – 2pm
Friday 10am – 1pm

Felicia Stein, Director; fstein@howardcountymd.gov
Joyce Nagel-Mortell, Assistant Director; jnagel@howardcountymd.gov

Monday	Tuesday	Wednesday	Thursday	Friday
Daily activities: 10:00 Arrival and Coffee Talk 11:00 Yoga (Monday) 11:00 Seated Exercise (Tuesday-Thursday) 12:00 Lunch (see attached menu)			March IQ Wall Art Project Paws4Comfort 1	Friday Funnies Ceramics Special Lunch March Bingo (Hours 10am – 1pm) 2
Oscar Trivia Baking Activity Paws4Comfort 5	Brain Games Music with Tom 6	Monopoly Trivia Ukulele with Ray Paws4Comfort 7	Famous Women Jeopardy Art Journaling Paws4Comfort 8	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 (Hours 10am – 1pm) 9
Morning Mix Music with Al Paws4Comfort 12	March Madness Nutrition Program Paws4Comfort 13	Pi Day Trivia Pie Making Art Journaling Paws4Comfort 14	Ides of March Art with a Purpose Paws4Comfort 15	Friday Funnies Ceramics Saint Patrick's Day Celebration (Hours 10am – 1pm) 16
Current Events Mythology Monday Paws4Comfort 19	Spring Trivia World Storytelling Day 20	Poetry Day Hatch Bingo Art Journaling Paws4Comfort 21	Puzzlers Spring Craft Paws4Comfort 22	Bowling and Lunch at Normandy Bowling Alley (410) 465-0355 (Hours 10am – 1pm) 23
Music Trivia Activity with HCC Dental Student Paws4Comfort 26	Cherry Tree Day Cherry Tree Craft Paws4Comfort 27	Today in History Music with Tom Art Journaling Paws4Comfort 28	O's Opening Day Baseball Games 29	CENTER CLOSED Good Friday Holiday 30

Caregiver's Corner

Before my mother started at the Senior Connections Social Day Program she was completely sedentary. She was short of breath upon minimal exertion, had difficulty getting in and out of the car and walked extremely slowly with tiny, shuffling steps. Her back ached from just sitting around watching TV.

After attending the program for a few months and participating in seated yoga, seated exercise and bowling, we have noticed a big improvement in her fitness. She walks faster and more confidently and her balance is better. She is willing to take short walks for exercise on her "days off" from the program. She can get in and out of the car more easily. Her breathing is better and her back pain has been greatly reduced. Overall, she just has more energy and is getting more out of life. We are very happy that the Social Day Program includes an exercise component; it has done my mother a world of good.

J. W.

(Daughter of Connections Social Day Program Member)

Let's Celebrate our March Birthdays!

This month we would like to wish a very happy birthday to Lois!
We will be celebrating the March birthdays on Wednesday, March 28th!

A big thank you to Gary Pon for the delicious cakes he bakes for our monthly birthday celebrations.

IMPORTANT DATE(S) TO PUT ON YOUR CALENDAR

Connections Social Day Program CLOSED – Friday, March 30th – Good Friday Holiday

Inclement Weather Policy:

When Howard County Schools are closed or delayed two hours due to inclement weather, the Connections Social Day Program at Ellicott City will be closed. If the schools are delayed by one hour, the center is open. When the schools have a scheduled day off, please tune to WBAL-TV for possible weather-related closures of the center or call the Inclement Weather Line at 410-313-7777. Contact the center at 410-313-1425 to hear a recorded message regarding center operations.

RTA contact Information: 1-800-270-9553...Press 3 and follow prompts
